

For it is not much knowledge but
the inner feeling and relish of things
that fills and satisfies the soul.

Annotation #2
- The Spiritual
Exercises



*The Exercises have to do with conversion of
affectivity, with letting the Spirit enter into our
affectivity, change it and act through it. Only
when this is clear, is it possible to understand
Ignatius' insistence on freedom from 'disordered
affections' - our affectivity in so far as it moves
us in directions not 'ordered', or conducive, to
the transcendent end of the human person.*

Michael Ivens, S.J.,
Understanding The Spiritual Exercises.

Anima Christi

*Soul of Christ, sanctify me
Body of Christ, save me,
Blood of Christ, inebriate me,
Water from the side of Christ,
wash me
Passion of Christ, strengthen me
O good Jesus hear me
Within thy wounds hide me
Suffer me not to be separated from Thee
From the malignant enemy defend me
At the hour of my death call me
And bid me come to Thee
That with thy saints I may praise Thee
Forever and Ever.
Amen*



COST:

**30 DAY RETREAT – Actual Cost \$4,950
Discount Cost \$4,400**

3, 5 and 8 DAY RETREATS – \$150 Per Day

Limited Financial Assistance Available Upon Request

CONTACT FOR APPLICATION:

30 day retreat:

Fr. John Horn, S.J.

Phone (561) 374-2268 | e-mail: jhorn@svdp.edu

3, 5 and 8 day retreats:

Fr. Thomas Pulickal

e-mail: retreats@amorischristi.org

CO-SPONSORSHIP



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LOCATION:

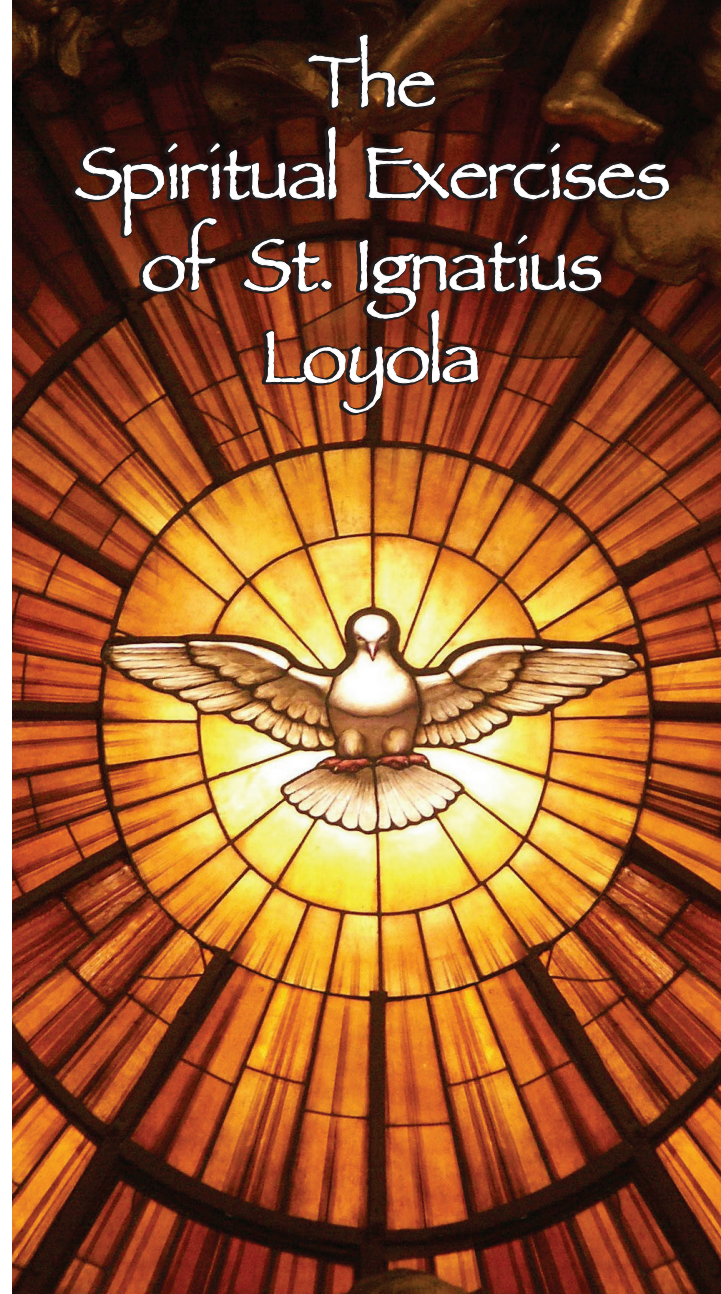
GRAND COTEAU RETREATS
A JESUIT MISSION SINCE 1837

Grand Coteau, Louisiana –

15 minutes from Lafayette, Louisiana Airport

www.spiritual-exercises-ac.org

The Spiritual Exercises of St. Ignatius Loyola

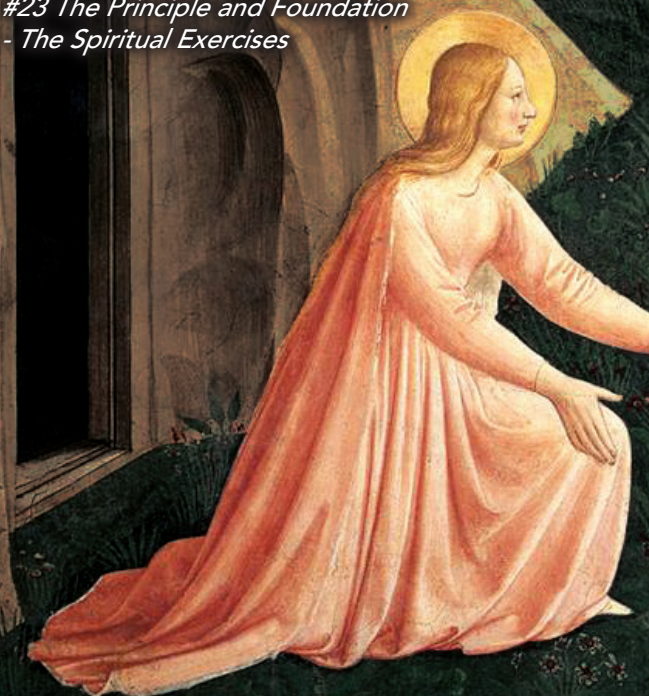


*Take, Lord, and receive all of my liberty, my
memory, my understanding, my entire will, all that
I have and possess. You have given all to me. To
You, O Lord, I return it. All is yours; dispose of it
wholly according to your will. Give me only your
love and your grace, for this is sufficient for me.*

St. Ignatius

The human person is created to
praise, reverence and serve God
our Lord, and by so doing save his
or her soul; and it is for the human
person that the other things on the
face of the earth are created, as
helps to the pursuit of this end.

#23 The Principle and Foundation
- The Spiritual Exercises



*Sometimes we are interiorly anguished; and
though this spirit may speak what is true,
reproving us for our many failures, nevertheless
if it causes a lack of tranquility it is not the
good Spirit of God. The good Spirit of God
is always peaceful and gentle in reproof.*

St. Peter Favre, S.J.



The Spiritual Exercises of St. Ignatius Loyola

WHAT:

The full experience of making The Spiritual Exercises of St. Ignatius Loyola in the 30-day retreat format can be life transforming. Pope Benedict described “The Spiritual Exercises” as a “strong experience of God, sustained by listening to his Word ... which in a climate of silence, prayer and by means of a spiritual guide, offer the capacity of discernment in order to purify the heart, convert one’s life to follow Christ, and fulfill one’s own mission in the Church and the world.” In recent years Pope Francis’ pastoral emphasis on learning discernment of spirits was rooted in his intimate knowledge of the power of the Trinity’s laboring love and mercy in his experience of “The Spiritual Exercises.”

WHY:

One enters into the retreat to receive more deeply an ongoing experience and encounter with the mission of Jesus’ Spirit. It can also be a profound means for discerning what Jesus’ Spirit is choosing to reveal about the Father’s will for the retreatant.

WHERE:

Grand Coteau Retreats

The Grand Coteau Retreats is located on 200 acres of beautiful land. It stands upon an amazing treasury of spiritual history. A miracle that promoted John Berchmans to sainthood occurred adjacent to these grounds. As a Jesuit mission “The Spiritual Exercises” have been offered since 1837. The center was recently fully renovated. Each guest room is air conditioned and has a private bath. The center is a 15-minute ride from the Lafayette airport. Retreatants have access to a fitness center and walking paths. The silent atmosphere provides a wonderful venue for fruitful prayer.



Photos of the Grand Coteau Retreats

WHEN: 2026

- **30-day retreat – June 30th (arrive by 4:00 p.m.) until August 2nd (departure)**
- **3 day retreat – July 9th (arriving by 6:00 p.m.) until July 12th (concludes at 3:00 p.m.)**
- **5 day retreat – July 13th (arrive by 3:00 p.m.) until July 18th (concludes at 3:00 p.m.)**
- **8 day retreat – July 20th (arrive by 3:00 p.m.) until July 28th (concludes at 3:00 p.m.)**

If possible retreatants are encouraged to stay an extra night for silent appropriation of graces received.

WHO:

Preference for admission to the 30 day retreat is given to Bishops, Seminary Formators, Vocation Directors, Priests,

prayer and the regularity of spiritual direction are discussed as well as one’s personal experience of God’s love.

MORE ABOUT THE SPIRITUAL EXERCISES:

During the retreat, participants experience God’s invitations to be loved, reconciled and called to live in companionship with Jesus’ Spirit. This entails some type of sharing in Jesus’ passion, death and resurrection. The paschal mystery is tasted through the image of God, alive in the retreatant’s heart, being placed in dialogue with the experience of the Holy Spirit’s consoling activity in the Scriptures. It is a mystery to be lived out in day to day faith following the retreat.

The Spiritual Exercises are a type of map for the human heart to follow in prayerful meditation and contemplation.

Deacons and their Wives, Religious and Lay Leaders involved in spiritual formation and evangelization. Prerequisites include having made two week-long silent directed retreats or the equivalent. Silent conference retreats without daily individual spiritual direction or quiet time spent in a monastic setting for days of personal retreat do not fulfill the prerequisites. Exceptions to these prerequisites can be discussed if there seems to be an equivalent spiritual preparation through intensive spiritual formation programs and/or life experience. A telephone interview is required. During this interview daily habits of

To follow these exercises brings one into intimate contact with the risen presence of Jesus Christ who reveals the Father of all mercy and consolation. If the book called The Spiritual Exercises is read, the experience is dry, like reading a manual. To actually experience The Spiritual Exercises one must follow the guidance of a spiritual director who provides guidelines for a deeper encounter with God at work amid the inter-dynamic of human desiring. In the 30 day format the retreatant prays four to five hours daily and sees the spiritual director for an hour each day. Eucharistic liturgy is also celebrated on a daily basis.

OPPORTUNITIES FOR 3, 5 AND 8 DAY SILENT DIRECTED RETREATS:

The rich opportunity to come away and enter into silence to taste and see the goodness of the Lord is offered in the Ministry of the Spiritual Exercises. The retreat participant engages in meditation and contemplative prayer rooted in the Sacred Scriptures and the Ignatian Tradition. Daily Mass and spiritual direction are part of each of the 3, 5 and 8 day retreats. These opportunities are available between July 9th and July 28th, 2026. Select the dates that fit your needs and then please contact frthomas@jesusyouth.us for registration. One personal reference is needed to give testimony to an applicant’s readiness to enter into a silent retreat.

SPIRITUAL DIRECTORS:

Dr. Manoj Abraham
Miss Sarah Daszcuk
Mrs. Sharon Doran
Fr. Serge Dube
Fr. Raymond Herard
Fr. John Horn, S.J.

Fr. Bernard Messier, C.C.
Mr. Sunil Nadarajan
Fr. Thomas Pulickal
Mrs. Margaret Rhody
Mr. Ryan Rogers
Mrs. Grace Urbanski